Do You Feel...
Stressed, Exhausted, Unable to Sleep?

Recharge Your Energy and Restore Your Health with Nourishing Adaptogens

The stress of modern society leaves many people feeling tired. Unfortunately, many people resort to stimulants to try to keep themselves going, mistakenly thinking that energy drinks or coffee will give them more energy. But, these stimulants don't produce energy, they just encourage the body to discharge more energy.

Over time the stressed person's energy reserves get so depleted that they become unable to relax and sleep properly. We sometimes refer to this situation as burnout, an appropriate term because it suggests the energy or fire of life is gone.

When you're burned out, you not only feel exhausted, you lose the joy and zest for life. You lose interest in hobbies, recreation and sex. You are more easily irritated by family, friends and coworkers. You also become more susceptible to pain, inflammation and infection. Your immune system doesn't work as well, which paves the way for more serious chronic and degenerative disease.

Nourishing Adaptogens To the Rescue

Good nutrition and rest are essential to recovering from burnout. But what happens when you're so stressed you can't sleep? How do you recover?

Fortunately, there's a class of herbs that can help to rekindle that fire and give you the energy and motivation you need in life. They've been given the name adaptogens because they help you adapt to stressful circumstances.

However, not all adaptogens are helpful for burnout. There are stimulating adaptogens, which aren't going to be as helpful and there are nourishing and relaxing adaptogens which will help you get the rest you need for recovery. So, it's important to understand the difference.

Stimulating adaptogens like Korean or American ginseng, eleuthero root, rhodiola and schisandra are the most well-known. These adaptogens help to normalize the body's response to stress, but also provide a mild stimulation, similar to that of green tea. They help you feel energized and alert when dealing with stressful situations, but in larger quantities and over an extended period of time, they won't help you rest and recover.

When stress has left you exhausted and depleted, you need the second category of adaptogens. These nourishing and relaxing adaptogens include herbs like ashwaganda, suma, holy basil, gynostemma, astragalus and reishi. By relaxing the nerves, these herbs help a person get the rest they need, which helps them rebuild their depleted nervous and glandular energy.

On the pages that follow, we'll introduce some of these nourishing adaptogens to you. You'll learn how they can help you overcome stress, insomnia and weakness, as well as improve your overall health and immunity. We'll start with one of the top nourishing adaptogens, a tonic from India known as ashwaganda.

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Calm Your Nerves and
Balance Your Immune System with

Ashwaganda

Ashwaganda is an Ayurvedic herb that has been used in India for over 3,000 years. This small shrub from the nightshade family, which grows in India, North Africa and the Middle East, is used as a rejuvenating tonic and anti-aging herb.

Also known as Indian ginseng, ashwaganda contains steroidal compounds known as withanolides, which are similar to the ginsenosides found in ginseng. It has been shown to be as effective as American or Korean ginseng at relieving stress, but without the risk of over stimulation which can occur with the excessive use of ginseng, a problem known as ginseng abuse syndrome, where a person becomes nervous and unable to sleep because they've taken too much ginseng.

Calming Nerve Tonic

Instead of having a stimulant effect like ginseng, ashwaganda is calming. In fact, it is the most widely used tranquilliser in Ayurvedic medicine. Researchers at the University of Texas Health Science Center found that it produced a GABA like action. GABA is a calming neurotransmitter in the brain that aids sleep and eases anxiety. The herb has also been shown to regulate serotonin and dopamine levels, which means it improves both mood and motivation.

As a calming adaptogen, Ashwaganda helps balance people with both elevated and low cortisol. By helping to reestablish normal cortisol rhythm, Ashwaganda may be helpful in all disorders where stress is a factor. While increasing your tolerance of stress and reducing your anxiety, it also uplifts your mood, having an antidepressant effect.

In promoting sleep, ashwaganda should be taken by itself, or with other calming nervines about one hour prior to bedtime. In combating stress, anxiety and depression, it can be taken during the day, either alone, or in combination with other herbs to ease anxiety and depression.

Neuroprotector

Ashwaganda has a nerve tonic effect and a neuroprotective effect. The withanamide in ashwaganda may help prevent plaque formation in Alzheimer's. Research also showed it helped improve brain chemistry in people with Parkinson's disease. It may also have a positive effect on patients with Huntington's. While it is not a cure for these conditions, it could certainly be used as part of a holistic protocol to improve quality of life in these disorders and taken as a tonic may help reduce the risk of neurodegenerative disease. Combining it with CBD would increase its neuroprotective effects.

Thyroid Remedy

Another benefit of ashwaganda is its tonic affect on the thyroid. It is beneficial for low thyroid, and helps prevent the conversion of T4 to Reverse T3, an inactive form of thyroid hormone caused by excessive stress. In addition, both animal studies and clinical experience show that it helps to calm autoimmunity, the primary cause of hypothyroidism in America.

Immune Modulator

The immune benefits of ashwaganda are numerous. Stress depletes the immune system, but ashwaganda helps counteract the negative effects of stress on immunity. It boosts white blood cell counts, including T-cell and NK cell activity.

There is research that suggests it can help reduce the size of tumors and even inhibit the development of cancer. In one study, two groups of mice were fed urethane, a compound that induces lung tumors in mice. Only 25% of the group given ashwaganda got tumors, while 100% of the group that only received the carcinogen got cancer. Studies have suggested it may be helpful in colon, breast, and prostate cancer as well as leukemia. It may also help the body resist the harmful side effects of chemotherapy and radiation treatments.

Ashwaganda doesn't just enhance the immune system, it also modulates it in autoimmune disorders. Herbalist David Winston combines it with black cohosh and kava kava for fibromyalgia. It can help reduce problems with allergies and asthma.

Anti-Inflammatory and Aphrodisiac

Ashwaganda is anti-inflammatory and was used in tribal Africa for fever and inflammation. It can help ease pain and improve joint function in both rheumatoid and osteoarthritis. It also enhances the remineralization of bone.

A long known use of Ashwaganda is as an aphrodisiac, helping to heighten sexual arousal, as well as treating impotency in men. It may help promote nitric oxide to aid blood flow.

In summary, anyone who is stressed to the point of nervous fatigue and insomnia can benefit from ashwaganda, especially if they have other hormonal imbalances like low sex drive, low thyroid or adrenal fatigue.

Reduce Anxiety and
Clear Your Mind with

Holy Basil

Another nourishing adaptogen from India is holy basil. This herb has also been used as a tonic in Ayurvedic medicine for over 3000 years. It is thought of as the elixir of life and has been used to promote longevity. A sacred herb for the Hindus, there are many religious ceremonies which use it. It is called tulsi in Sanskrit, which means one that is incomparable.

The Hindu people have long believed in holy basil's ability to aid memory, increase mental clarity and ease stress. As an adaptogen, it works to enhance adrenal function and improve the body's ability to respond to stress. It is a nerve tonic and helps restore strength to the nerves while improving clarity of the mind. It can be helpful for generalized anxiety disorder, nerve weakness, insomnia and depression.

Holy basil also has antioxidant and anti-inflammatory activity. It enhances the antioxidants glutathione and superoxide dismutase in the body, which helps protect the cardiovascular system by preventing the oxidation of blood fats.

As an immune tonic, holy basil has antimicrobial and anticancer activity. It enhances NK cell activity and has been traditionally used to both prevent and treat fever, colds and flu. It has also been used for respiratory ailments like coughs, bronchitis and asthma. It modulates immune responses in allergies and asthma.

Like many nourishing adaptogens, it also helps to balance blood sugar levels. It helps protect the body from damage from radiation.

If stress has left you nervous, anxious and mentally confused, holy basil can help restore your clarity of mind, reduce your nervousness and boost your immune system in the process.

Build Muscle Strength and Enhance Endurance with

Suma

In Brazil there is a nourishing adaptogen called suma or Brazilian ginseng, a ground vine with an extensive root system known. The indigenous tribes of the Amazon have used Suma since ancient times as a rejuvenating tonic for low energy levels. The root has a vanilla like flavor and is used as both a spice and a beverage. It is also used in many herbal formulas to enhance the effects of other herbs.

The Russians, who first discovered the idea of adaptogens, used suma as a tonic for their athletes for many years. They reported that it aided muscle-building and endurance without the side effects associated with steroids. It is anti-inflammatory and also helps to ease the pain and discomfort associated with arthritis and other joint problems.

In modern Brazilian medicine, suma root is used to balance blood sugar levels, enhance immunity and memory, increase estrogen production and improve cellular oxygenation. It contains the trace element geranium, which helps the immune system fight off viral infections. It also has anti-cancer activity and may help to reduce tumor growth.

Suma has beneficial effects on both the male and female reproductive system. It helps to balance female hormones, especially during menopause, because it helps to enhance estrogen. It may also be helpful for infertility, low sex drive and PMS. It enhances male reproductive function and can be used for impotency.

Suma helps regulate blood sugar and may be helpful for diabetes. Applied topically Suma has been used as a wound healer and as a soothing aid to skin rashes. It helps give the skin a smoother, softer appearance and also improves the health of the hair.

Continued on page 4

Additional Help and Information

For more information about how adaptogens can help you get the rest and sleep you need to recover from burnout, contact the person who gave you this newsletter. You can also consult the following resources:

Ayurvedic Herbs: The Comprehensive Resource for Ayurvedic Healing Solutions by Virender Sodhi, MD, ND

Adaptogens: Herbs for Strength, Stamina and Stress Relief by David Winston and Steven Maimes

https://rain-tree.com/suma.htm

Relax & Rest with Adaptogen Formulas

One of the best ways to get the benefits of adaptogens is to use them in combination. Here are a few formulas that can help you when you're feeling stressed and burned out.

The *Ashwaganda Complex Formula* contains the nourishing adaptogen ashwaganda, in combination with smaller amounts of the stimulating adaptogens schizandra and rhodiola. It's a moderately nourishing adaptogen formula that can help a person regain energy and mental focus and clarity during times of stress. It's best taken during the daytime and may help replenish the system, but it's too stimulating for many people to take at bedtime.

The *Suma Adaptogen Formula* combines suma with the adaptogens astragalus and eleuthero. It also contains ginkgo, gotu kola and echinacea. This formula helps mental focus and clarity during times of stress and it also boosts the body's immune responses during stressful periods. It's a good formula to energize the mind and body and prevent illness during stressful times.

The *Cortisol-Reducing Herbal Formula* contains the adaptogen Holy Basil along with magnolia bark, l-threonine, DHEA, chromium and vanadium. This formula helps to balance cortisol and blood sugar levels during times of stress. It also has immune boosting properties. It's a good choice if you're craving sweets, eating too much and gaining weight when under stress.

One of the best overall Nourishing Adaptogen formula is the *Chinese Mineral Qi Adaptogen Formula*. It contains the nourishing adaptogens gynostemma, reishi and astragalus along with the stimulating adaptogens schizandra and eleuthero. The trace minerals and potassium in the formula help to nourish the entire system, while the adaptogens help to balance out the entire nervous and glandular system. The licorice and gynostemma in this formula help to balance all the meridians of the body.

Another overall adaptogenic formula, *Adaptogen-Immune Formula,* contains the nourishing adaptogens gynostemma, ashwaganda, suma, astragalus and reishi along with the stimulating adaptogens Korean ginseng, rhodiola, eleuthero and schizandra. The chromium in this formula makes it useful for balancing blood sugar levels. This blend is a great choice for anyone who needs help during periods of stress, especially when immunity is compromised. The balance of nourishing and stimulating adaptogens it contains make it useful for long term stress.

The *CBD Relaxing Blend*, which contains relaxing essential oils like lavender, along with CBD can work with the adaptogens to enhance sleep. When stress is causing pain and inflammation, consider the *CBD Anti-Inflammatory Blend* which contains Holy Basil along with CBD to help modulate immune responses.

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Continued from page 3

Suma is a great adaptogen for people who are suffering from chronic fatigue, general weakness and adrenal burnout. It helps balance the nervous and glandular system, aids muscle tone and strength, and improves the body's ability to handle stress. It's a very safe herb to take long term as Amazonians have had Suma root in their daily diets for many generations.

Build Your Adrenals and Balance Your Meridians with

Gynostemma

In Chinese herbal medicine there is a nourishing adaptogen called gynostemma, an herbaceous climbing vine in the cucumber family. The Chinese name for this herb is jiaogulan, which literally translates to twisting-vine orchid. The young stems and leaves are edible and part and used as a survival food in some Asian countries.

In the mountainous Guizhou providence of China, the herb was taken regularly and became known as the immortality herb, as inhabitants of this region lived especially long lives. The Japanese traditionally consume a tea made from the leaves of Gynostemma. Its common name in Japan is amachazuru, meaning sweet tea vine. It was while researching the plant as a sugar substitute that gynostemma's chemical similarity to Ginseng was discovered.

Gynostemma is a balancing herbs in traditional Chinese medicine because it balances all the meridians of the body, thus restoring harmony and balance to the entire system. The other herb which does this is licorice root. Both gynostemma and licorice help the adrenal glands and stabilize blood sugar levels.

Gynostemma relaxes muscle tension and helps the body overcome nervous fatigue. In Southern China where it originates, it was used to regulate heart palpitations. It is also used to manage diabetes. In the immune system, gynostemma acts as an antioxidant and helps the body fight both bacterial and viral infections. It is also useful for respiratory ailments like asthma and bronchitis.

Calm Your Mind and Heart and Fortify Your Immune System with

Reishi

Reishi is used as a shen tonic in Chinese medicine. Shen disturbances produce anxiety, insomnia, bad dreams, moodiness, listlessness and poor memory and concentration. Reishi calms the emotions, reducing feelings of agitation and stress. It tones up the parasympathetic nervous system and helps reduce the stress responses in the adrenal cortex.

A good remedy for insomnia brought on by nervous exhaustion or enervation, reishi helps reduce anxiety, overcome fatigue and lift a depressed mood. It also helps with dizziness and feelings of weakness.

Reishi is also used to treat heart deficiency and can help to relieve hypertension, palpitations, arrhythmia and angina pectoris. It lowers triglycerides and cholesterol.

It is also hepatoprotective, protecting the liver against radiation and damage by toxins. It has an ORAC value of 4,000. Reishi also has neuroprotective properties and has a significant ability to stimulate brain neurons.

Like many nourishing adaptogens it helps balance the immune system. It boosts the immune function (via natural killer cells, macrophages and interferon) to fight both viral and bacterial infections. It also balances or modulates the immune system in auto-immune disorders.

Use CBD to Enhance Adaptogenic Effects

One final tip for overcoming chronic stress and burnout. The endocannabinoid system helps restore balance of the body during times of stress. When people are struggling to recover their balance after prolonged stress, CBD may help the endocannabinoid system restore balance, reducing anxiety and enhancing immunity. So, consider using CBD along with the nourishing adaptogens in this newsletter to aid in your recovery from burnout.